

## Coaches:

• William Aris, Head Coach

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	LEAGUE TRANSPORTATION / NON- LEAGUE
Aug 22, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 22, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 23, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 23, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 24, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 24, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 25, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 25, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 26, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 26, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 27, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails	
Aug 29, 2022	Mon	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 29, 2022	Mon	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 30, 2022	Tue	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 30, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Aug 31, 2022	Wed	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Aug 31, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Sep 1, 2022	Thu	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Sep 1, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Sep 2, 2022	Fri	Practice	N/A	8:00 AM	10:00 AM	Hornet Stadium	
Sep 2, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	FM - Green Lakes XC Trails	
Sep 3, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails	
Sep 5, 2022	Mon	Practice	N/A	3:00 PM		TBD	
Sep 6, 2022	Tue	Practice	N/A	3:00 PM		TBD	
Sep 7, 2022	Wed	Practice	N/A	3:00 PM		TBD	
Sep 8, 2022	Thu	Practice	N/A	3:00 PM		TBD	

DATE	WEEK DAY	ТҮРЕ	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Sep 9, 2022	Fri	Practice	N/A	3:00 PM		TBD		
Sep 10, 2022	Sat	Regular Season (VVS Invitational)	TBD	8:00 AM		Cross Country Course	Departure Point: House 1 Departure Time: 6:00 AM	L
Sep 12, 2022	Mon	Practice	N/A	2:30 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Sep 13, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 14, 2022	Wed	Regular Season	West Genesee	4:30 PM		FM Cross Country		L
Sep 15, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 16, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 17, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails		
Sep 19, 2022	Mon	Practice	N/A	2:30 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Sep 20, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 21, 2022	Wed	Regular Season	Liverpool, Henninger (Henninger)	4:30 PM		FM Cross Country		L
Sep 22, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 23, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 24, 2022	Sat	Regular Season (Bville Invitational)	@ TBD	8:00 AM		Bville - Durgee Cross Country Trail	Departure Point: House 1 Departure Time: 11:45 AM	L
Sep 27, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 28, 2022	Wed	Regular Season	@ Nottingham (Nottingham)	4:30 PM		Nottingham Cross Country	Departure Point: House 1 Departure Time: 2:15 PM	L
Sep 29, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Sep 30, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		
Oct 1, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails		
Oct 3, 2022	Mon	Practice	N/A	2:30 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Oct 4, 2022	Tue	Regular Season	Cicero-North Syracuse @ Baldwinsville	4:30 PM	5:00 PM	Bville - Durgee Cross Country Trail	Departure Point: House 1 Departure Time: 2:15 PM	L
Oct 5, 2022	Wed	Practice	N/A	7:00 PM		FM Cross Country		
Oct 6, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country		

DATE	WEEK DAY	<sup>(</sup> TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION	LEAGUE / NON- LEAGUE
Oct 7, 2022	Fri	Regular Season (Chittenango Invitational)	@ TBD	4:00 PM		Chittenango HS- XC Course		NL
Oct 7, 2022	Fri	Meet (Chittenango Bears Twilight Invitational 2022)	Vs. Multiple	4:00 PM	7:00 PM	Chittenango HS- Stadium, Chittenango HS- Soccer Field (Grass)		NL
Oct 8, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails		
Oct 10, 2022	Mon	Practice	N/A	8:00 AM		FM - Green Lakes XC Trails		
Oct 11, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country	,	
Oct 12, 2022	Wed	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country	,	
Oct 13, 2022	Thu	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country	,	
Oct 14, 2022	Fri	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country	,	
Oct 15, 2022	Sat	Practice	N/A	8:00 AM	10:00 AM	FM - Green Lakes XC Trails		
Oct 17, 2022	Mon	Practice	N/A	2:30 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	
Oct 18, 2022	Tue	Practice	N/A	3:00 PM	5:00 PM	FM Cross Country	,	
Oct 19, 2022	Wed	Regular Season (SCAC League Meet)	Liverpool, Cicero- North Syracuse, Nottingham (Nottingham), Henninger (Henninger), West Genesee, East Syracuse Minoa, Central Square, Fulton, Oswego, Auburn, Cortland, Jamesville-Dewitt, Corcoran (Syracuse West) @ Baldwinsville	4:30 PM	6:30 PM	Bville - Durgee Cross Country Trail, Bville - Durgee JHS Gym		L
Oct 24, 2022	Mon	Practice	N/A	2:30 PM		FM - Green Lakes XC Trails	Departure Point: House 1 Departure Time: 2:15 PM	

Date: 2025-12-14